

Women Veterans' Writing Retreats

Women Veterans of ANY military service are invited to attend. Meets at the **Veterans Memorial Building in San Francisco at 401 Van Ness** (at McAlister) on 3rd Saturdays, every other month, from 9:30-5pm, **Room 207** on the 2nd floor.

First Retreat will be **Saturday, September 20, 2008.**

No writing experience is necessary.

Coffee and Tea will be provided

Vegetarian Pot Luck Lunch

Free

Army, Navy, Air Force, Marine, Coast Guard, Merchant Marine, Police, Fire Fighters
Retreats will continue on **November 15 and January 17, 2009.**
The 2009 schedule will follow.

These Writing Retreats are founded on the Veterans Writer's Group created and facilitated by Maxine Hong Kingston. An anthology of selected writings from her 15 year group has been published. See it at www.vowvop.org and is also available at www.amazon.com.

Facilitator: Sharon Lee Kufeldt, CHT, USAF 69-71, Past Commander of American Legion Post #315, National Vice President of Veterans For Peace. She has facilitated experiential retreats of various topics since 1979. She has participated in Maxine Hong Kingston's group for several years.

The day will include: check-in, short periods of sitting and walking silent meditation
We will write together in silence, share a pot luck lunch, and listen with compassion as some read their writings. You are invited to bring something personal for the meditation altar. Poetry, personal experiences, journaling, short stories in supportive atmosphere.

To Register: Contact: Sharon Lee Kufeldt, CHT at 650-799-1070

or via email at: veteranshealing@yahoo.com

For more information about Sharon visit: www.awakeningwholeness.com

These retreats are sponsored by:

Veterans Speakers Alliance VFP Chapter 69 of San Francisco

SWAN - Service Women's Action Network

American Legion Post #315